

New Bernal Journal

April/May '97

Serving the Bernal Heights Neighborhood of San Francisco

Volume 34 • Number 2

Special April 1st Update:

Have You Seen This Man?



Known only as Dealer Dan, the dastardly, despicable developer had set sight on Bernal Hill as the perfect location for his latest mega-casino. The mechanics of his master plan, as well as the trials and tribulations of those in our community who would not cooperate in his casino construction cahoots have been documented in "Bernaltown," which will be making its public debut on Saturday May 3rd.

The movie will be begin at 9:00 p.m. at the Bernal Playground behind the gym. Preceding the premiere at 8:00 p.m., the audience will be treated to live music by the Bernal band Finger Puppet, refreshments, popcorn, and an opportunity to meet the stars. And look for a "Planet Bernaltown" popping up on Cortland the last week of April where you will be able to purchase copies of the tape, tee-shirts, and other memorabilia.

\$10,000 grant:

Reaping Recycling Reward

The San Francisco Recycling Program has announced that it will give \$10,000 to summer youth programs in the neighborhood if recycling goes up by 10% during the months of April, May and June. The grants can be used for summer recreation programs, arts and crafts, sports and job training programs.

"The Spring Recycling Challenge is a great way for the City to encourage recycling while at the same time give something back to the families in Bernal Heights," said Jim Richards, executive director of the Columbia Park Boys and Girl's club.

Recyclables collected through the curbside and apartment recycling programs will be measured during the Spring Recycling Challenge. Twelve items are recyclable in the program: junk mail, cardboard boxes, office paper, newspapers, cereal and other dry food boxes, phone books, magazines and catalogs, paper bags, tin/steel cans, aluminum cans and foil, glass jars/bottles and #1 and #2 plastic bottles.

Adding Color to the City



Top: One of many murals in the Mission. This one can be found at Folsom at 22nd. Bottom: The Precita Eyes Center at 348 Precita. Left: "Precita Valley Vision," a mural dedicated to slain teenagers Sylvia Menedez and Carlos Hernandez, graces the Precita Valley Community Center Building.



20th Anniversary celebration slated for May By Nathan Kensinger

The Precita Eyes Mural Art Center is celebrating its 20th anniversary in May, in conjunction with the 7th annual Mural Awareness Month.

Precita Eyes began as a workshop at the Precita Valley Community Center in 1977 to teach people living in the Precita area, on the north side of Bernal Heights, about mural art. The eight participants created a portable mural at the workshop under the instruction of Susan Cervantes, director and founder of Precita Eyes.

Precita Eyes has since expanded into a non-profit organization. "Precita Eyes reaches hundreds of children and youth through tours and classes every week, as well as various outreach programs into the Precita community and all over San Francisco," noted Cervantes.

Precita Eyes offers arts-education classed for toddlers, children, teens and adults. It is also an low-cost artist's supply store, providing mural art supplies as well as selling postcards, T-shirts, and various other art products. It also gives tours of San Francisco's many murals, and does workshops all over the City.

The art classes are varied, with an emphasis on teaching youth. The classes are designed to teach artistic skills as well as art appreciation.

see Murals, page 11

Precita Eyes looks for solutions to building crisis By M.J. Wright

For some at Precita Eyes, the 20th anniversary celebration was dampened when the building they presently occupy and had planned to buy was abruptly taken off the market in early March.

Precita Eyes had made an offer on the building in September 1996 and gave the owners a deposit at that time as well. All that remained for the application to be complete was a pre-qualifying letter from their lender. The letter was sent to the owners last month, and two days later the building was taken off the market.

"This really undermines our security-we desperately need a permanent home. Our program is bursting at the seams. . . we thought we'd own it by now," said Susan Cervantes, program director. "We are in such a tentative situation because we don't know what the owners want to do. Hopefully they will put it back on the market."

The owners could not be reached for comment as to what their plans for the building were. While they hope to stay at 348 Precita, the group is also considering other suitable buildings for sale in the Bernal area.

see Building, page 13

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Special Summer Issue

We are preparing a special youth summer section in our June issue and want your help! We will have a special page by & for youth ages 8-12 all about where to go and what to do in the City during vacation. If your son or daughter is interested or you have an article idea please call us at 206-2144 for more information. And as usual, our teen page, the B.J. Jr., will also be published. Interested teens should call 642-1040.

Bernal Briefs

Lucky Unlikely

The Mayor's Office of Housing has been successful in negotiating with Lucky's for the Mission/Chavez site, and intends to secure the site for mixed-use affordable housing as was originally promised. If you would like to attend an informational house party to find out more about affordable housing in Bernal Heights, call Helen Helfer at 206-2140 for meeting times and dates.

Tunnel Turmoil

Supervisor Leslie Katz has called for a hearing to convene this April to analyze what progress has been made toward a study of environmentally sound alternatives to a Cross-town Sewer Tunnel. The Coalition for Better Wastewater Solutions is concerned at the slow pace of the study, and invites other outraged neighbors to call them at 285-2429 or 282-6177 for more information.



New Bernal Journal

515 Cortland Avenue San Francisco, CA 94110
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income in Bernal Heights." The *New Bernal Journal* is distributed door-to-door, free to Bernal Heights residents. Articles express the views of contributors and not necessarily those of the BHNC.

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Letters to the Editor

Dear Editor,

I was glad to see the article in the *New Bernal Journal* about the East Slope Bernal Heights construction project. As the planner from the Planning Department who has been involved in this project since 1991, I think Nathan Kensinger has done an admirable job portraying the different perspectives that residents of the area have on the project. In my opinion, the more awareness, the better.

The only exception I take with the article is Kensinger's impression that "few residents on the hill have been informed of the massive construction plan." In the area where construction is now taking place, 100% of the property owners and, thank to the efforts of community leaders on the block, virtually all tenants have been notified regularly and invited to participate in defining, shaping, developing and implementing the construction around Brewster Street at over 36 committee meetings and six community-wide workshops. I know this record stands up to inspection because well over 70% of the area residents have voluntarily paid between \$800 and \$1,500 per house to rewire utility boxes so that the overhead lines can be placed underground. These same residents led the efforts to scale back the street widths, reduce retaining wall heights, choose natural construction materials and colors, select historic, small-scale streetlights for their area so that the intimate, quasi-rural character of the area can be maintained as best as possible. This would be accomplished through no little arm-twisting with various departments to accept variances to conventional standards.

We are now embarking on the planning and design of the Banks/Chapman area. Anyone interested in the details of the project, the process and the construction schedules can attend the community-hosted meetings at the Bernal Community Center at 515 Cortland Avenue, the second Wednesday of each month at 7:00 p.m. As the article correctly asserts, the issue of life safety is what has driven area residents to call for this project, and the goal of this project is to provide adequate emergency vehicle and personnel access while conserving the character of the neighborhood as much as possible.

Peter Albert

Planning Department

Dear Editor,

We welcomed Nathan Kensinger's article "Paving the way to a Better Bernal" in the Feb/March *N.B.J.* It painted a compelling picture of the impact these infrastructure improvements will have on our unique neighborhood. However, we found the opening paragraph slightly misleading as to the role of the Bernal Heights East and South Slopes Improvement Committee (BHESSIC). It suggested that the committee's goal is to "pave and develop the few remaining rural sections of Bernal Heights."

The BHESSIC is a committee elected by the areas impacted to represent their concerns and ensure that as much as possible a balanced approach is achieved that provides Life/Safety access while preserving the character of the neighborhood. For example, this might involve researching codes and negotiating with the departments involved to arrive at minimum allowable street widths that still provide sufficient safety.

On a historical note, the need for these improvements emerged as development of the remaining vacant lots on the east and south slopes increased, which placed greater pressures on the existing dirt lanes, eventually culminating in a tragic fire that fire trucks were unable to reach in time.

The BHESSIC is comprised of and represents the full spectrum of views in the community, from those who welcome the wider, safer streets to those who enjoy Bernal's wildness and wish this quasi-rural haven could remain unchanged. Our monthly meetings are open to the public and occur on the second Wednesdays of the month at 7:00 p.m. at the BHNC. On May 13 we will have a community meeting at which we will elect new committee members for the year. We especially welcome participation from Banks/Chapman area residents as yours is the area under planning at this time. If you are interested in running please contact Barbara Underberg at 648-6220.

Sincerely,

Nic Griffin for BHESSIC

Note: The NBJ invites Bernal residents to send Letters to the Editor. Letters must be signed and include a daytime phone number. The Editor reserves the right to edit for space and clarity.

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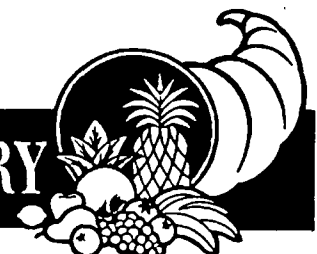
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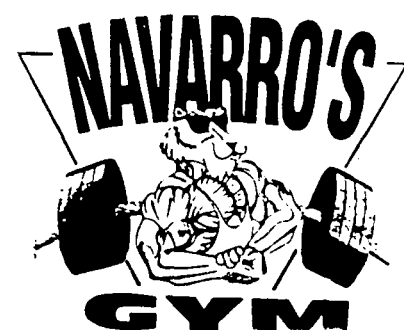
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A Progressive Grounds Thank You

Hello again Bernal Residents:

Well, I received my Valentine a day early this year. On February 13, 1997, I was given the "thumbs up" by the Planning Commission at my hearing for the Conditional use permit I needed. I'd like to THANK everyone who helped me to get here. Much appreciation to all of you who signed our petition in the store and a very special THANKS goes out to the wonderful people who took the time out of their busy schedules to come to the hearing and cheer me on! The hearing started at 1:30 p.m. and Progressive Grounds was called upon at 5:00 p.m., so I really do mean it when I say thank you to the following people:

Mauricio Vela • David Rogers • Chris Bulmer
Jim Vaughn • Mary Anne Caine • Maria Salamao
Allen Statler and Terry Mill.

Your support helped me keep calm during those long 3 1/2 hours and is truly appreciated by all at Progressive Grounds!! I would like to also thank the Bernal Heights Neighborhood Center and staff, The Cortland Merchants Association and Jinjee Flowers for their letters of support and their enthusiasm.

And last but not at all least, the Honorable Mayor Willie Brown, for without that phone call I do not believe that I could have accomplished such a task. You heard my cry out for help even if only on the back of a business card and you did not ignore it. Your quick response was just what I needed when I thought my dream was about to be taken away. You gave me the help of your Special Assistant David Serrano Sewell — he listened to my dilemma and gave me pep-talks as well as his patience when I'd break down. I thank you both from the bottom of my heart!!

And I must say that regardless of the reputation of the San Francisco Planning Department I met a few people who do really care but are afraid to show it in fear of their job. I hope I'm not ruining their reputation of living by the book, but I wanted to thank Director Gerald Green for his time and Julian Banalas. Julian, we may have started out on the wrong foot but I feel I made a friend for life.

At this moment in time I am waiting for my permit to start work on the disabled restroom and the saga will hopefully be over.

THANX A LATTE TO ALL!

Sincerely,

Anna Marie Shami, Owner
Progressive Grounds Coffeehouse



Victor Martinez to read from *Parrot in the Oven*

"Sometimes you read a book that is so familiar and true to you, it hurts. *Parrot in the Oven: Mi Vida* was like that for me."

--Sandra Cisneros, author of *House on Mango Street*.

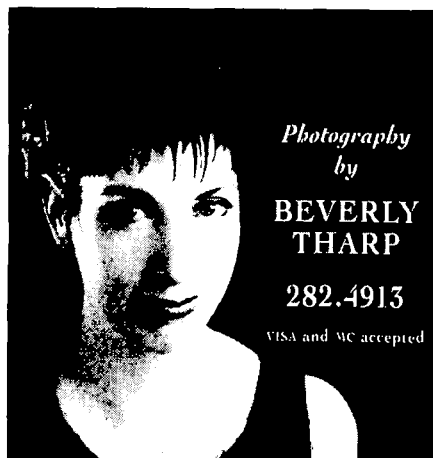
Victor Martinez, winner of this year's National Book Award (in the Youth Category), will read and discuss his award-winning debut book, *Parrot in the Oven: Mi Vida*, at the Bernal Heights Library on Wednesday, April 16, at 5:30 p.m.



Set in a housing project in Fresno, California, the autobiographical novel *Parrot in the Oven: Mi Vida* follows 14-year-old Manuel Hernandez as he comes of age in an often violent and confusing world. Pressures to join a gang, fit in with friends and cope with family problems are some of the obstacles facing Manuel who wants to be a *vato firme*, a guy to respect.

Martinez, 42, is the fourth of 12 kids who grew up in Fresno, picking produce with his parents. After graduating from California State University Fresno, he worked as a welder, truck driver, firefighter, teacher and clerk to support his passion for writing. Copies of his book will be available for purchase. Bernal Books will donate a portion of the proceeds to the BHNC.

In addition to the reading by Martinez, well-known African American storyteller Yolanda Rhodes will be sharing some of her best stories with the Bernal community as part of the National Library Week celebration. Refreshments and snacks will be provided. The reading is being co-sponsored by the Friends Of The Public Library, BHNC, S.F. Public Library, Bernal Heights Branch, Bernal Books and the St. Kevin's Youth (SKY) program. For more information call 695-5160.



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Something to smile about

PHOTO BY BEVERLY THARP

On a recent Spring afternoon, patrons from the neighborhood gathered on the steps of Bernal Heights Library. Kids from Sheila Balter's afterschool writing program "Home 'n Hood", parents and children from Xequina Berber's Mexican crafts program, and even a dogwalker (who had heard the Branch Manager Valentin Porras was an expert in Dog Behavior techniques) all found something to smile about as they left the branch.

A reader remembers...

Growing up in the 1950s on the hill

By Susan Hart

Growing up on Bernal Heights in the '50s was a wonderful experience--village life in a big city. My parents moved to the Hill as newlyweds in March 1940. My mother remembers the streetcar on Cortland and the Safeway (which is today the JC Super). She also remembers the day Ellsworth Street was opened up at Bernal Heights Blvd. There was a parade down Ellsworth Street led by Mr. Battaglia on horseback. My father stopped the parade to drive out of our garage! My parents also remember the blackouts during World War II and watching from the kitchen window as the troop ships sailed silently out of the Bay.

I was born in 1946, so my memories of the Hill begin around 1950. At Anderson and Cortland across the street from the priest's house was Mom and Pop Preziosi's store--they were Mom and Pop to everyone. Across Cortland was a gas station

(today the brick lawyers' office). The cleaners at Anderson was run by Valente family and they later moved up to Cortland, relocating to what is now a beauty shop.

At Ellsworth and Cortland across the street from St. Kevin's was a fish market. My Saturdays meant 25 cents to go to the Capri show (next to JC Super) and 15 cents for three candy bars. I also remember dish night at the show, bingo games, winning groceries and watching the news between the two movies.

The American Meat Co. was then owned by Mr. Battaglia and I remember at Easter time he would have live goats delivered for the holiday. He also made the best Italian sausage I have ever eaten.

The Bernal Market at Moultrie and Cortland is now a Chinese Restaurant. The Library was the first library I ever visited. I still remember the Children's Book section and a kind librarian who would draw beautiful bookmarks for us to use. I won two books during the annual summer book reading contest.

The bakery was located where the Karate school stands today. There was a 5&10 store between the bar and the drugstore. My mother would get many Christmas presents on the layaway plan there.

The bank has always been there. I started my account there in the third grade with

a Paul Revere School Savings Account.

There were two elderly Italian men on my block who every October went together and bought a truckload of grapes. They would make wine and store the wine in their garages. For weeks the smell of wine filled the air as you walked down the Hill. My mother remembers her father making wine too.

I learned to play tennis with my dad at Holly Park. I can recall with happiness the summer afternoons eating lunch with my neighborhood friends high up in the trees there. The reservoir nearby did not have a roof and it reminded us of a beautiful lake. We would only go home when a familiar mother's yell would announce that dinner was ready. We waxed boards from broken fences with soap and slid down the sidewalks. We made coasters from broken rollerskates. We played baseball at the intersection of Powhattan and Ellsworth--the outfielders had to watch for traffic. We played Monopoly on the front porch on many a warm summer night. We would walk Bernal Heights Blvd. to Folsom Street for evening Sunday Mass and walk home after 8:00 p.m. It was a lovely walk and we enjoyed the country and beautiful sunsets.

That is what growing up on the Hill in the 1950s was like for me.



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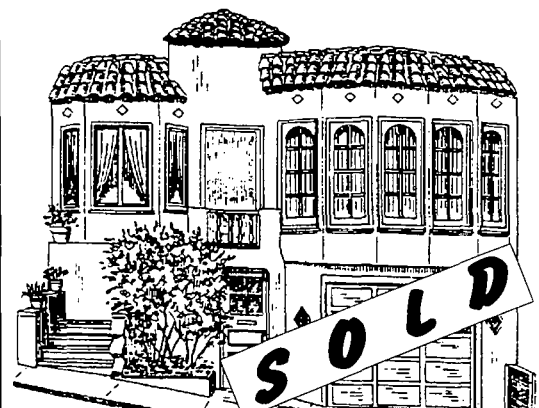
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Fowler's art imitates (Bernal) life

The NBJ was able to catch up with artist Tom Fowler, whose latest art print of Bernal Heights has quickly become the most craved collectable in Bernal. Here's what Tom had to say about his work as an artist and being part of the "Bernal Bohemia."

NBJ: How did the idea of a Bernal Heights art print originate?

TF: The drawing of Bernal Heights was originally commissioned by the Bernal Heights Neighborhood Center for a project that never got off the ground. It sat around the BHNC offices and my studio gathering dust. People who lived on the hill commented on the drawing and asked what it was for and how they could get a copy of it. Over coffee with David Rogers, who owns the leather store on Cortland, we kicked around the idea of a poster print that could help raise funds for the BHNC.

Helen Helfer, the executive director, loved the idea and with the help of Moon Ma of K&K Graphics the print was born. I decided to do a limited edition, high quality art print (offset lithograph) to best showcase the subtleties of the drawing and to assure the archival value of the print. Although the number of prints is limited, the edition, 175 prints plus 20 artists proofs, is large enough to make the prints affordable. After these are sold there will be no more available. Half of the proceeds from the sale of the prints goes directly into the BHNC general fund. Each print is in-

dividually signed and numbered and is on display at numerous cafes and stores around the hill including Cafe Commons, The Barking Basset, The Park Bench Cafe and the Bank of America among others. The local merchants who are displaying the print have been very supportive, in fact the whole community has been incredibly responsive.



NBJ: Focusing on both sides of the hill was a very interesting approach. How did you go about deciding what part of Bernal you wanted to capture?

TF: The initial difficulty in portraying the hill in the drawing was in selecting a view. I did some preliminary drawings and was unhappy with the fact that I had to pick one side of the hill. My home and studio is on the Precita Park side, yet I didn't want to ignore the Cortland Street busi-

ness community. So I decided, "Why not do both?" I used one of my favorite neighborhood trees as the center focus and framing device for the picture of the north side of the hill on the left and the south side of the hill on the right. Although I couldn't show all sides of the hill I hope the picture reflects a sense of the neighborhood.

NBJ: You've also done work with the A's and Giants. What was that like?

TF: I love to draw what I am interested in and this led me to work for the two local Major League Baseball teams. I am not a big sports fan but baseball appeals to me with its sense of history and ritual. Through work with the Oakland A's (portraits of Rickey Henderson and Mark McGwire among others) and a commissioned portrait of Barry Bonds for the San Francisco Giants I've ended up doing more sports portraits for companies like Tops Baseball Cards and Nike.

NBJ: In 1996 you received Distinguished Achievement Award. What was that for?

TF: The Educational Association of America awarded me the Distinguished Achievement Award for the illustration work I do for H.I.P. Magazine and the Hearing Impaired Press. These are publications for and about deaf and hard-of-hearing kids. I get to do a lot of goofy

see Fowler, Page 7

Filmmakers Lang and Yam to document Hong Kong transition

By Demece Garepis

Ruby Lang and Lambert Yam are not the typical avant-garde filmmaker couple in Bernal. Yes, they tend a garden and enjoy friendly neighborhood conversation. Yes, they're excited that independent films are finally getting critical acclaim by the American public. But their audience has a much wider appeal—and vision. They are about to leave for Hong Kong to make "Citizen Hong Kong," a film which gives young people video cameras to capture the cultural, political, and personal transition of Hong Kong.

"I always wanted to be a filmmaker," begins Yam, whose cropped black hair and boyish looks mask his driven committed message. "I need to go back. This film is about a journey, the journey of liberation both for Hong Kong residents and the Asian world, and a return home for us." In the '70s, when Lang left Hong Kong, she rebelled against the traditional expectations of her family, left for San Francisco on her own, and became a student at the San Francisco Art Institute to study painting. "I left Hong Kong to become a visual artist, and at the San Francisco Art Institute, I met one!" Lang, exact with her words, lets her joyous expression chase Yam's smile. Yam states without a flicker

of doubt, "Lang is going to be recognized as an excellent filmmaker with this film." Lang laughs, the kind of laughter that is both cautious and surprised, "You're biased!" she exclaims. But Yam has history on his side. Lang has edited Wayne Wang films, including "Dim Sum" and the "Joy Luck Club," partly filmed in Bernal Heights. She has edited "Street Soldier," The Omega Boys' Club film, a tale shot by three at risk youth about themselves, their generation, the San Francisco street culture they live in, and how they got into the Omega Boys Club. The PBS documentary "AKA Don Bonus" which Lang edited won a best of film in several film festivals. "In editing the film, I go through 150 hours of film to weave a story and allow it to emerge in just under two hours." The closest vision of the director's is the film editor, whose job it is to painstakingly sew, frame by frame, vital character nuances so the audience can experience this vision. "The trick," Lang poses, "is to get the kids to tell their story, to let them tell it in their own language and time, and to get them comfortable to use a camera which places them at the center of their own story."

This year, Hong Kong is the center of a vital, troubled, emerging global story. "Hong Kong has been a British colony for over 150 years, and this year, on June 30th

at midnight, Hong Kong becomes liberated," notes Yam. "But how will it change? How will Hong Kong's free lifestyle and markets tug at the coattails of a larger, conservative China or the emerging Asian world? Will China institute democratic crackdowns in years to come?"

Lang adds, "The land won't change, but the government will eventually change once the young generation emerges." Gradually, the youth and Hong Kong will have a tough role. China has a population of 1.1 billion, barely governable under a strict authoritarian regime.

Lang will give four Hong Kong youth each a digital video camera. The youth are already excited at their film journey. One is a 23-year-old record store worker, another is a 17-year-old college student, a group of Asian American deaf actors working in Hong Kong, and the fourth is an Asian American woman. Over the next year the youth will document their lives, their friends, and the personal and cultural events that they live through. Ultimately, Lang will weave these four stories together and we will watch, with intense dramatic fascination as the year—and the film—unfold. Watch for "Citizen Hong Kong" next year. Yam is heading the marketing. To help sponsor this film, contact the Film Arts Foundation at (415) 552-8760.

The Critic's Corner

Bernaltown Best Bet for May Moviegoers

by M.J. Wright

Come this May, you absolutely, positively, must go and see "Bernaltown."

Pardon me if I sound like I'm standing on my soapbox. Actually, I am speaking about 30 soapboxes—the soapbox cars which inspired artist Greg Gavin to write and produce a Bernal-based script which blends these creative cars, local talent, and unique Bernal locations into an action-packed, 35 minute film.

Gavin had worked with 30 youth from the Bernal Heights, Excelsior and Bayview districts to design and build their own full-sized soapbox cars at his studio on San Bruno. The cars were showcased at Cortland businesses and gained much notoriety. Building on the popularity of the cars, Gavin drafted a script which would incorporate the cars, and some of the youth who built them.

Starring Local Talent

"Bernaltown" is the story of five young superheroes (brilliantly played by Shilah Evanchak, Adaya Brand-Thomas, Josh Morton, David Stoller, and Cortney Davis) who defend their beloved Bernaltown from Dealer Dan (Nic Griffin), who plans on building a mega-casino on top of Bernal Hill. Griffin not only puts on an amazing performance, she and her husband perform part of the score.

Bernal residents of all ages star in the movie. Senior Tommy Chin stars as the wise Toolmaster, a mentor for the young "powerbuilders." Vicki Victoria is victorious in her role as Victorious, Dealer Dan's cohort-in-crime. Many merchants have roles, two of the most notable being Patty Nicco of Nicco's Cafe and Kathleen Dunphy of Heartfelt. Valentine Porras and Dorothy Coakley of the library also give command performances. There is even a cameo appearance of Mayor Willie Brown. In fact, since some of the footage was cut from Fiesta and Carnival, you also might be in "Bernaltown", and not even know it.

I was surprised to find out after seeing the movie that Gavin shot the entire film with his trusty Camcorder. The quality is very good, as is the editing. One of the most professional features of the film is the music, which was composed and mostly performed by J. Raoul Brody specifically for Bernaltown. Sheila Balter, who leads the Home 'N Hood acting program for youth at the BHNC, was the acting specialist for "Bernaltown."

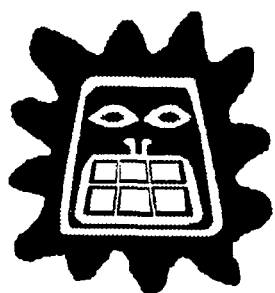
Situated in Bernal

Gavin shot most the scenes in Bernal, and does an excellent job in portraying the "small town charm" of the neighborhood. The opening scenes atop the Hill capture its beauty—Gavin's love for the neighborhood shines through in his first filmmaking endeavor.

Best of all, "Bernaltown" is a fun movie to watch. Playing off of the Batman and Wonder Woman series of the '60s and '70s, the actors have fun with this slightly melodramatic, somewhat realistic, totally Bernal script. Few communities house the amount of talent this neighborhood does, and even fewer will ever have a movie as well produced as "Bernaltown." You'll have fun spotting your neighbors and the locations in the film.

So go see "Bernaltown" on May 3rd. The movie man wasn't just standing on his seat applauding, he's already in his soapbox car racing to go see "Bernaltown" again.

Bernaltown will premiere on May 3rd at 9:00 p.m. at the Bernal Playground behind the gym. Live entertainment will begin at 8:00 p.m.



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Neighborhood Center Notes

The Neighborhood Center bid a fond farewell to Fiscal Manager Jeff Bachman who left February 28 to join the Cal Equity Fund as a portfolio manager. NEST Volunteer Coordinator Pat Lindstat resigned in March, and will also be greatly missed.

And a warm welcome to Joe Smooke, who is taking on the position of housing director and Miles Madison, the new lead hazard reduction outreach coordinator.

♦ ♦ ♦

For those of you who are wondering what happened to our annual Congress usually held in March, it has been postponed until June 14th.

♦ ♦ ♦

Help make a difference in Bernal Heights by sharing your time and skills! The following positions are open. For more information on these or other volunteer opportunities with seniors, call BHNC Senior Services, 206-2145.

Interpreters & Translators:

Many frail seniors are at risk of losing important support due to Welfare Reform. Help us do outreach and assist these elders with written Spanish or Tagalog translation and written and spoken Russian.

Intergenerational Quilts for the Homeless:

Neighbors are needed to help coordinate seniors and youth to sew sleeping bag quilts from recycled bedding. Weekdays, four hours/week.

Senior Walking Group Leader:

Escort seniors for morning walks along Cortland Avenue on Mondays, Wednesdays and Fridays.

♦ ♦ ♦

A FREE ESL (English as a Second Language) program is being offered by an experienced instructor. Class is forming now. Seniors who are taking a citizenship test are encouraged to participate. For more info call Senior Services at 206-2145.

An Ounce of Prevention



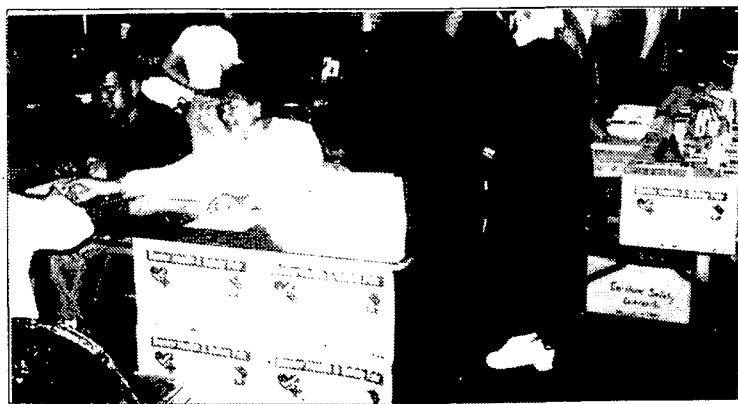
Seniors spend the day learning more about preventative medicine. Top: Ellen Cheng, UCSF School of Pharmacy student, takes 79-year-old Sally Giles' blood pressure at the fair. Right: Volunteers man the registration desk while over 75 seniors and neighbors are provided with information on preventative health screening and in-home safety.

A senior braved a needle prick on the finger to test his blood for dangerously high glucose levels, while another picked up their free smoke detector and no-skid strips. One 83-year-old talked to a UCSF student about how simple pain relievers bought off the shelf could interfere with her prescription medication. This was the scene of the Bernal Heights Neighborhood Center's Senior Health and Safety Fair which took place March 9th at St. Kevin's Church Hall.

"This is our fifth year of collaborating with students of the UCSF's School of Pharmacy to provide preventative health education," said Vicki Victoria, BHNC Senior Services Director. "Everyone benefits from these fairs. The seniors receive an important service and the students learn about the needs and concerns of elders that will hopefully influence how they treat seniors in their future health careers."

Linda Yee was one of the 20 students from the UCSF School of Pharmacy who volunteered her Sunday morning to help out at the fair. Staffing the Geriatrics Awareness Project table, she counseled seniors about the variety of health and senior resources available to them. "This is very different from what's taught in the classroom because I get firsthand experience here to help me to find out the real needs of seniors," commented Yee. "It makes me feel good and it's very rewarding."

Seniors appreciated talking with students about their medication use and health, as many felt that their own doctors didn't have the time to do so. "It's very interesting to learn about these things and to have people who will take the time to explain them to seniors," said Sally Giles. "We need more people to help seniors in this way."



Reading program both fundamental and fun



A parent reads to first graders at Leonard Flynn Elementary School.

On Friday, February 28, Leonard Flynn Elementary School sponsored a Read Along in which community members took time out to read books to students as part of the Reading Is Fundamental Program. Angelina Cheney and Joy Ferguson from the BHNC read to children in Kimberly Brown's energetic first grade class. Parents and neighbors also volunteered, giving the gift of their time to help students develop a love of literature. The students were excited about the new books they would be taking home that afternoon because the books weren't "all written in and yucky!"

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Tom Fowler

from Page 5

drawings that the kids seem to love and I get to have fun with. It's an honor to be recognized for the work but it's more important that the kids like it.

NBJ: And your work with Fiesta?

TF: The last couple of years I've been doing some work for the BHNC, helping them with brochure and publication design. I did some of the graphics for the 1996 Fiesta, trying to give back a little of what this community has given to me.

NBJ: For a while it seemed that if you were an artist, you had to live in the SOMA. What made you decide to live and work in Bernal?

TF: Having an art studio at home is tricky. A SOMA loft where I could really throw some paint around is tempting but I'm raising a 6-year-old boy and I like the idea of a home with a yard, bedrooms and other kids on the block. I have to be here when he gets out of school so a home studio is where it's at. I have a nice flat in an old Victorian with a small but efficient art studio and I love living on the Hill. I enjoy the big city environment but Bernal gives me a sense of community, much like living in a small town.

NBJ: When you are not hard at work, how do you play?

A lifelong love of music has led me to wasting many nights playing in rock and

roll garage bands. I'm currently the drummer and sometimes singer-songwriter for The Blackouts. You may have seen us at the most recent Bernal Heights Fiesta Fair, but probably not since we were the opening act and played our set at 10:00 in the morning! Next year I'm demanding the 11:00 a.m. slot.

My son Zack and I are members of the San Francisco Illegal Soapbox Society which races carts on top of Bernal Hill every summer. We race a two man cart made from a tricycle and an old wheelchair. Zack demanded to participate since it was his tricycle.

NBJ: So it sounds like you are enjoying life.

TF: Trying to be a working artist is often a struggle, it seems like there is always a larger pile of bills on my drawing board than there are work orders. I'm grateful for the opportunity to do something I love, and I hope the work I do reflects the neighborhood I live in. Not every drawing I do is of Bernal Heights but there is definitely a part of Hill in all of my drawings.

Bernal Heights Art Prints are still available for purchase. The prints cost \$40.00 unframed, and \$75.00 framed. For more information contact Tom Fowler at 695-0119 or Estella Egar at 206-2140.



PHOTO BY JOE LUCAS

Tending the Trees



Friends of the Urban Forest Planting Leader Michael Yanez, BHNC/HC Executive Director Helen Helfer and an unidentified volunteer helped plant trees in front of the Market Heights Apartments at Putnam and Tompkins. The trees were planted on March 1st through the efforts of Friends of the Urban Forest. This tree was one of many planted as a free service to residents through special funding from the City of San Francisco.

It's BHNC Membership Drive Time in Bernal Heights.

February through May mark our membership drive months, when staff and volunteers encourage current members to renew and other neighbors to join. This year, youth participants of the Mayor's Youth Employment and Education Program (MY-EEP) along with staff and volunteers are going door to door in the community encouraging neighbors to join and support their community based organization.

Your membership allows you and your family to get involved and ensure the continuation of a healthy and vibrant community.

Our senior services support over 500 well and at-risk/frail Bernal senior citizens through social services, case management, educational and social activities, companionship, and low-cost hot lunches.

Our school and community youth programs support children and youth through youth employment, gang prevention services, and art projects, not only in Bernal, but also in the Excelsior and the Outer Mission.

Our community outreach/organizing component is presently working on public safety in our Ingleside Police district. They are also coordinating existing formal and informal Bernal children & family services and activities and are gearing up for our annual Community Congress scheduled to take place June 14th.

Our *New Bernal Journal* publishes 8,000 free copies and is distributed bi-monthly door to door by 50 volunteers to help get out the word out on key issues, events, and people of Bernal Heights.

Our sister organization, the Bernal Heights Housing Corporation celebrated the opening of Market Heights last May, and provides loans and rental housing to make sure that low-income Bernal residents and people with special needs have access to safe and decent affordable housing.

For over 19 years the Bernal Heights Neighborhood Center and Housing Corporation have been providing vital services to families of Bernal Heights. In 1997 all of the programs, as well as our two major community events, the Community Congress and our annual Fiesta on the Hill allow for active community participation. All of our programs offer quality and vital service to the participants. And all of our programs deserve your support and the support of the entire community.

So if a young person knocks on your door on a Saturday morning support them by supporting the BHNC.

Together We Are Building a Healthier Community.

I've enclosed my tax-deductible annual membership dues of:

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As a member who lives in Bernal you are eligible to vote for the BHNC Board of Directors at the Annual Community Congress, receive newsletters and meeting notices, participate in our services and activities, and have a say in shaping the future of Bernal Heights! NBJ

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Expanding our views on health and healing

By Isa Guchardi

Alternative medicine is gaining wider and wider acceptance as many people find that alternative therapies for many ailments are more effective and have less side effects than allopathic medicine. To be sure, there are many medical situations where allopathic medicine is highly effective, such as in setting bones and trauma and emergency care, but there are other areas where alternative therapies provide safe, effective treatment. A 1993 study in the *New England Journal of Medicine* revealed that one in three Americans had used alternative therapies. In California, and particularly in the Bay Area, the ratio of people using alternative therapies on a regular basis is probably higher.

There is good reason for the shift away from managed care which provides one standard treatment for a large number of people. Alternative health therapies invariably begin with an assessment of the patient's individual needs, and provides treatment based on those individual requirements. For instance, if two people have migraine headaches on a regular basis, the imbalances in their systems which cause the headaches may have completely different roots and require completely different remedies to be effective.

Traditional Chinese Medicine, which incorporates acupuncture and herbal medicine, enhances the body's ability to heal itself by re-establishing a balanced circulation of energy. It is a 3,000-year-old complete medical system for diagnosing and treating disease, preventing illness and improving the well-being of body, mind and spirit. It can be used to address many common ailments, such as allergies, flu symptoms, sports injuries and more serious chronic conditions such as kidney and liver disease and digestive problems.

Hypnotherapy approaches imbalances in the body from the perspective of the mind. It is also useful in changing behaviors and habit patterns which are based on sometimes inaccurate assumptions about oneself or one's environment. It incorporates the tools of hypnosis, dream work, age regression and inner child work to bring the awareness of the roots of habit patterns and self-limiting behavior.

Homeopathic medicine is a system which uses single, potentiated remedies made from plants, animals and minerals to activate the body's own healing energies. These remedies are specifically prescribed through a meticulous analysis of each person's symptoms to affect the vital force of the body and stimulate self healing. Homeopathy is especially effective in treating children's ailments, such as fevers, headaches and rashes.

Chiropractic care is a method of accessing the rejuvenating abilities of the body by removing the interference in the expression of these properties through gentle, effective spinal/osseous adjustments.

Massage is another therapy which is effective in treating muscle and joint conditions. There are many types of massage, including shiatsu, Swedish massage, acupressure, and deep-tissue work. The rejuvenating effects of massage cleanse the body tissues, drain the lymphatic system and increase blood circulation. The relaxation that massage provides allows the body to access its own healing energy.

Another method which encourages the release of the body's own healing resources is the Experience of Breath central to Middendorf Breathwork. Breath and vocalization exercises help bring the individual into an understanding of how natural breath movement, free from conscious control, leads to greater physical and spiritual balance.

In the way that the Middendorf method highlights the awareness of one's breathing patterns, the Feldenkrais Method allows individuals to become more aware of how they move and use their bodies. This method shows people new ways of moving that are more relaxed and coordinated. It is especially effective for those who have experienced trauma from overuse or injury to muscle groups.

All of these approaches to optimal health consider the individual's personal set of requirements when identifying the best path to correcting imbalances. With this personalized approach, long-lasting and effective treatments for many ailments are possible.

If you would like more information on any of these therapies, contact Valencia Healing Arts Center at (415) 647-6222.

By Barbara Brown

Like a bear coming out of hibernation, old ideas are emerging into our consciousness. The bear has been remade with important bits and pieces of information from ancient times of many places. Many of these ideas seem new to us, and we struggle to fit them into our current view of the world. Perhaps we are receiving information that once was mainstream to our ancestors. This seems necessary to bring about a shift of consciousness needed to heal our mind, body, soul and environment.

Here in America, we hail from all parts of the world. Because of the cultural and technological changes that created this situation, many of us can only trace our families back a few generations. We feel cut off from our rightful ancestral lineage, but there is a gift in this. We are not bound by the yoke of transition. Today there is more acceptance in disregarding old ways. We can now tread upon many paths at once, birthing a new and much needed body of knowledge from the union of ancient and modern wisdom. The quest for health is highlighted today, and attention is being paid to our physical and spiritual health. We must attend to the physical if we want to inhabit a body that functions well, and allows us to pursue activities other than survival and pain control. We must also attend to the spiritual, for the health of our soul and relationship to others.

We experience physical traumas that damage our physical health, just as emotional traumas harm our mental health. We can inherit genetic weaknesses, making us more likely to have physical problems. Likewise, I believe we inherit a spiritual genetic code from our ancestors' emotional experiences. If something traumatic occurred to our family, the "cherished wound" is passed on to us to suffer, guard and pass along, like a baton in a relay race. Who are we to break the tradition and perhaps disrespect our ancestral legacy? Healing these "cherished wounds" is a tremendous decision and may require a huge effort. And yet it may be what we need to do in order to promote our own well being, as well as our descendants.

Some people need their pain, at least for a time. It is a "guiding light" that eventually takes them to a place they need to go. How else could a singer render a single note in a way that heals a broken heart, without having a broken heart to heal?

Health is not as simple as eating well and getting plenty of rest and exercise. Just like the alchemist who blends many things to make something new, achieving a higher level of health often requires an unexpected mixture of experiences and efforts. What may look like a bad health choice, may ultimately lead a person to better choices, once the consequences are fully experienced.

Healing life's experiences is a process similar to taking medication. Often there is a therapeutic goal as well as unwanted side effects. Struggling with a physical and emotional challenge may take its toll over the years, yet the process of getting through it may provide a spiritual healing. With this perspective, we can begin to release judgment for the lives we lead.

Our cultural environment has a profound affect on our health as well. I've heard is said by a Native American Healer that it takes seven generations to recover from a war. Considering our history, can you even imagine what that recovery would feel like? Our civilization is suffering from all that has occurred. Perhaps the dizzying pace we lead, with so much to do, and the intense stimulation of our senses, serves to distract us collectively and individually from our pain. If our collective human family is suffering from post-traumatic stress, what a challenge it is to take our individual self, and heal the causes of our own disease.

A shift in our vision may help. Expanding our perceptions reveals more of the total picture. As we come to truly know our reality, our path is easier to find and be committed to. When we take an expanded view of healing, we can see more possibilities and address the problems with sound solutions. There are many positive choices we can make to improve our health. These approaches serve to turn up the power of our life force, balance the rhythms and pathways of that force, and if our body has forgotten, remind it how to heal.

We may need to align our spine, balance our meridians, purify our inner and outer environments, and eat healthful food. We can remind our bodies how to heal with homeopathy, stimulate healing chemistry with herbs and facilitate release and relaxation with massage, music, dance, writing, singing and loving.

We may need to treat ourselves respectfully, release ancestral and individual emotional traumas, find our social niche, develop friendships and a sense of humor. We may need to be more selfish or give more.

We may need more time in nature, or the companionship of a plant or pet, in order to reconnect with our place in the universe. We may need to take a risk and have a thrill.

We may choose to take medication or have surgery, especially if the healing is beyond our body's current abilities. Even if our body is up to the task, we may choose to intervene with medications that reduce our symptoms because we need to meet life's obligations and keep going. We may choose to do nothing and let nature take its course.

Some of what we need may not yet be manifest in a recognizable way. Being in need of something not yet mainstream may lead us to new discoveries. By being open to the adventure of discovery, we may suddenly be able to see some solution that has always been there, or we may discover something new.

In the Bay Area there are so many choices. Healing has become an important concept because our earth, our bodies and our spirits are in such need of balance, harmony, and repair. It may seem overwhelming. Those committed to the "scientific model" may find safety in sticking to one "proven" approach. They may also be the last to know of the benefits that the natural approaches can bring.

I believe that the first step is to follow what you are drawn to. Let your innate intelligence TAKE YOU THERE. When taking the uncharted course, you may take some wrong turns, but you will also make magnificent choices. You have a right to these choices, and to find your own way.

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The Farm in the City



Michael Drummer, 14, is one of about 20 teens employed by SLUG who work at St. Mary's Youth Farm. The Farm was transformed in 1993 from an informal dump into an urban farm. SLUG employs 40-50 young people in local jobs programs.

By Michael Drummer

SLUG is the San Francisco League of Urban Gardeners and it is a job program in which I work. I have been working with SLUG from the summer up to this present time. When I first started working at SLUG pretty much everyone was nice to me.

I work at the St. Mary's Urban Youth Farm on Alemany Boulevard afterschool and on Saturdays. The Garden is a very nice looking place. When you first walk in there is a road that leads past the office and the tool shed. Then as you walk further, and look to your right you'd see the fruit trees, apple and olive and other fruits. Then if you look to your left you can see where we are going to have our lake.

As you continue, to your left is where we have a couple of beds where we have planted some buckwheat so that the soil would become softer. Then behind those beds are three more sets of beds. In the first set we

have some kale and garlic. The second set is where we planted some green onions—we placed hay around the onions so that weeds don't grow. In the last set of beds there are some greens and tree collards.

Up on the back hill is where some trees have been planted. I was not with SLUG when they were planted, but they did a good job planting them. In February we planted a real big tree and some little plants around the tree. It was hard work but we did it.

So in closing what I would like to say about SLUG is, that not only will the stuff I'm learning help me while I'm at SLUG but maybe later on in life. I've started a garden in my backyard and I might start my own business one day—it's been a good job experience.

If you want to know more about SLUG or to visit the Garden, come by on a Saturday. The Farm is on Alemany Boulevard, near the Farmers Market.

For more information call on SLUG and the Urban Youth Farm, call (415) 285-7584.

Looking down at my table
I read my thoughts
inspired on white silk

The words are floating around
like bubbles emerging out of the crystal waters
surrounding the islands of eternity.
When in the mood, troubles and worries do not matter.

I take my imaginations on a trip
in a golden charter,
traveling at the speed of sound,
and thinking at the speed of lightning.

Out of darkness a candle is born.
It's brightness illuminating my hands
with silver and gold.
As I hold the carrier of thoughts,
and spill its smooth juice on the white pearl,
fire spits out.
A storm has started!

Lightning strikes, rain sweeps, and the wind cleanses.

In the eye of the storm,
a shining ray of passion
adds the finishing touch,
and once again, my love and energy
is engraved.

I shall get ready again and wait,
for there is another storm heading this way.

I await with the doors in my heart and mind open,
For I have found the key,
and I have used it!

--by Alvaro Gutierrez

Murals

from Page 1

ciation. Murals, "graffiti art", design art, drawing, and painting are explored.

Visiting the inside of Precita Eyes' large workspace and gallery is a stimulating experience because it is such a funky setting, full of paintings and sketches, paint-splattered chairs and tables, new and used esoteric art supplies, works-in-progress, one persistent songbird, and all sorts of other interesting clutter. Within it all, there is organization and a relaxed atmosphere of creativity, conducive to channeling the immense energy it takes to plan and execute huge works of art.

Mural art pieces created by the Precita Eyes workshops and alumnus are located all over the City, from the Mission to Chinatown. And these murals are massive: 8-by-80 feet works, and larger, are common. Credit Precita Eyes for spreading color throughout the City.

Cervantes most recent work, a mural at the Precita Valley Community Center, was

dedicated on Sunday, March 23. The mural was in part a memorial to Sylvia Menendez and Carlos Hernandez the teenage couple who were murdered at nearby Precita Park last June, sending shockwaves throughout Bernal and the City.

The upcoming Mural Awareness Month in May will celebrate these 20 years of work. A festival will be held in Precita Park on May 10 from 1:30 to 5:30 p.m. An awards ceremony for the best muralists of the year, live music from local band Los Compas, and several hands-on activities are scheduled, as well as other events throughout the month.

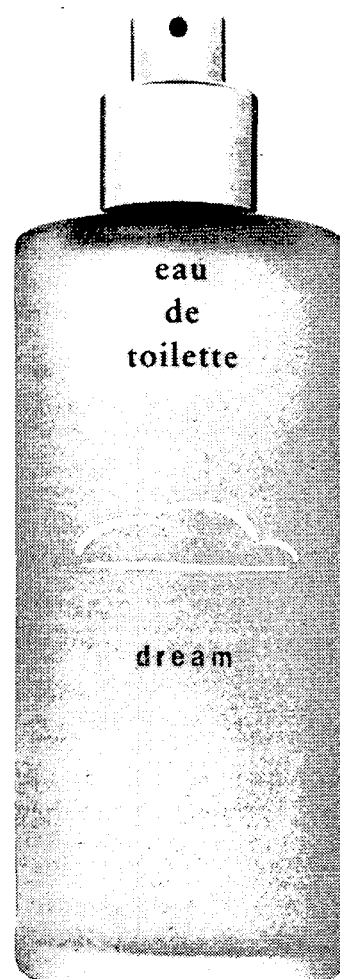
Precita Eyes is located at 348 Precita and is open Monday through Friday from 10:00-5:00 p.m. and Saturdays from 10:00-4:00 p.m. Mural tours are given on Saturdays. For more information call (415) 285-2287.

The Bernal Journal Jr. needs writers, artists,
photographers and reporters.

To submit an article or for more information call
642-1040.

dream

white freesia and orange flower



GAP

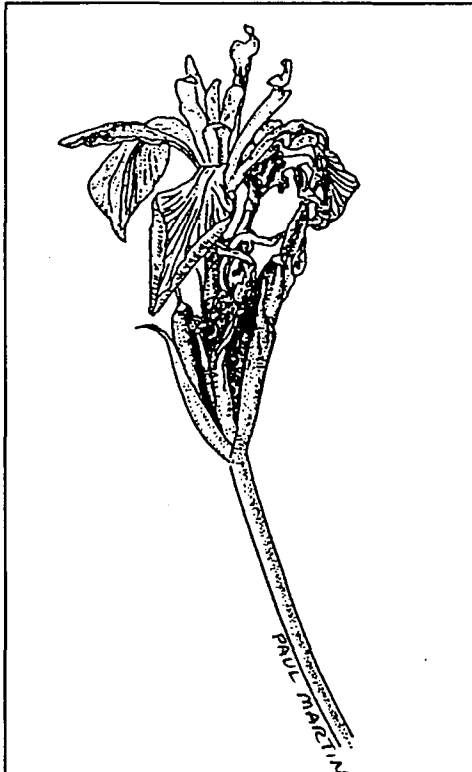
www.gap.com

Wildflowers "spring" up all over Hill

By Barbara M. Pitschel

In the last natural history column, I led you on a tour through the bloom of Bernal's early-season native plants. In this issue, I'll follow up with an overview of some of the wildflowers you can expect to enjoy during April and May. Although these plants occur in a variety of habitats on the hill, a good place to start is along the west and northwest slopes, where the shallow, rocky soils and maritime exposure lend themselves especially well to our native flora. To browse the entire hilltop, start by entering the gated quarry at the base of the road on the southwest side of the hill leading to the phone company tower; climb the little path at the northwest corner of the quarry, follow the middle trail around the hill, explore the side paths, continue along the hill crest, and finally follow the paved boulevard all around the base of the hill. Don't hesitate to take side trips to get a closer view of plants blooming in the distance, but please be very careful that you and your dogs do not trample the wildflowers in these precious remnant spots. It's important that we work together to preserve these tiny pieces of our botanical heritage!

Some of the species you saw earlier in the year have already gone to seed, but other early-bloomers will continue to show impressive displays for another month or more. "Johnny jump up" (*Viola pedunculata*, our native yellow violet), "California poppy" (*Eschscholzia californica*, our state flower), "checker bloom" (*Sidalcea malvaeflora*, our rosy-pink mallow, similar to a small hollyhock), and "California buttercup" (*Ranunculus californicus*), are showier than ever along the west and north slopes as we enter April. The buttercups are now joined by a golden yellow member of the sunflower family, "goldfields" (*Lasthenia californica*), which earns its common name from its appearance to the early explorers as they saw it



Iris longipetala on Bernal Hilltop, March 1994

BERNAL HILLTOP NATURAL HISTORY

blanketing California hillsides. Patches of gold are smaller now, where tall European weed grasses have crowded out the lower-growing native vegetation, but they are still impressive.

As the season progresses, new flowers will appear on the west and northwest slopes. "Tomcat clover" (*Trifolium willdenovii*, a three-leaf-clover with white-tipped, red-purple flowers), annual "lupine" (*Lupinus bicolor* var. *umbellatum*, a low-growing, blue-and white-flowered member of the pea family), and tiny "dwarf plantain" (*Plantago erecta*, a white-flowered annual forming patches of very low-growing ground cover) add exciting variety to the palette of floral

color. All lupines are easily recognizable by their multi-leaflet palmate leaves. Plantains, on the other hand, differ greatly. You would never suspect our little, native annual to be related to *Plantago lanceolata*, the coarse, rib-leaved weed, "English plantain," whose bunches are so prevalent over the hilltop.

You can find "miner's lettuce" (*Claytonia perfoliata*) on the shadier, moister north slope above the middle trail in one of the most floristically rich areas of the hill.

"Yarrow" (*Achillea millefolium*) is a sturdy survivor and a good competitor against invasive weedy species. You will see this feathery-leaved plant along this middle trail and in many other places on the hill. Its flat, white flower heads may look like umbels, but on close inspection you will find a member of the Compositae or sunflower family.

You can also expect to see "blue-eyed grass" (*Sisyrinchium bellum*) appearing in many places on the hill. This member of the iris family (with purple petals and yellow "eyes") will be easier to spot than our only remnant occurrence of the native "field iris" (*Iris longipetala*) on the slope below the rocky outcrop on the north side of the hill. You can, with less climbing and damage to the slopes, see "restored" plants of this San Francisco native iris species, propagated from seed of the parent plant and introduced to the Bernal Hilltop Native Grassland Restoration "test plot," on the extreme southeast corner of the hilltop.

As you follow along the crest trail heading east, you will continue to see some of the same species, although in lesser concentrations. You may also notice "sun cups" (*Camissonia ovata*), which may look similar to the other low-growing yellow flowers, all of which are actually quite distinctive. Sun cups are four-petaled members of the evening primrose family, which are prompted to open by bright daylight. They are among

the prettiest flowers around, and are interesting for their extremely "inferior ovaries," seed chambers that protect themselves by being situated entirely below the surface of the ground!

You may also be lucky enough to encounter one of our earlier-blooming bulbs, "blue dicks" (*Dichelostemma capitatum*), with tight little heads of small, blue, lily-like flowers. (We ever so occasionally have the thrill of finding white-flowered members of this species, as well as of the California poppy!)

If you decide to follow Bernal Heights Boulevard around the circumference of the hill you will see some spectacular displays during these spring months. I especially want to point out another lupine, a low-growing, woody shrub (*Lupinus variicolor*), which is showing spectacular displays this year. It grows in many places on the hill, including directly out of the rock faces formed by quarrying and road cuts! The shrubby "yellow bush lupine," which occurs only in one row along the north slope east of Folsom Street, is a native that may have been introduced to Bernal many years ago or that may have occurred there naturally.

Another species offering "knock-your-socks-off" displays around the boulevard is our native "morning glory" (*Calystegia occidentalis*), which forms especially large patches along the south slopes of the hill.

There are many other interesting, but less obvious, plants that you will encounter in your explorations. I can't even begin to introduce you to the backbone of our flora, the native grasses, or to the weedy grasses and other species that constantly threaten our biodiversity. If you are interested in getting to know your hill better and to participate in its conservation, please join us at our monthly restoration work parties on the third Sunday of each month at 11:00 a.m. We meet at the gate leading up to the phone company microwave tower. For further information, call me at 282-5066.

How does your garden grow?

Peterson's patch of perfection



A GLIMPSE OF RUTH PETERSON'S GLORIOUS GARDEN.

At last! The entire backyard was mine to garden, thanks to my landlady Flora, a long-time resident of Bernal Heights. When I moved here in May 1993, I asked Flora for a small square of the backyard and immediately rekindled my love for digging in the dirt. I eyed the rest of the yard enviously, but bided my time and convinced Flora I could do it when it became available in the late summer of '95. I was thrilled!

With Pam Peirce, the *Square Foot Gardener*, and the *Sunset* bible by my side, I made a plan. My son helped me with the 4x4 foot vegetable plots on Thanksgiving day of that year. I readied the ground for planting, and since that day the backyard has become my studio. There have been plenty of failures, but enough successes to keep me motivated. The staff at Floorcraft Nursery has been great at answering my questions, and Mike Boss at Rock and Rose convinced me I didn't need a lawn. The strawberry bed took its place and has been a surprising success with berries from early May to November (everbearing from Oregon). I am still attempting to determine what does best and when, especially with vegetables. Since I refuse to succumb to the use of pesticides, there is time spent picking snails, slugs, and other creatures. Weeds, however, are no longer a major problem.

The backyard is in its "winter" mode for now, but I'm planning for spring with great anticipation.

The New Bernal Journal would love to showcase your garden in an upcoming issue. If you are interested and a Bernal Heights resident, submit photographs and a brief description (300 words max.) of your horticultural endeavors to the New Bernal Journal, 515 Cortland Ave., San Francisco, CA 94110. All submitted material will become property of the NBJ and will not be returned.



Building from page 1

Many organizations and neighbors have already shown their support for Precita Eyes with grants and donations. The Bernal Heights Housing Corporation gave a \$5,000 grant to the effort, and neighbors and interested patrons have made donations from \$10-\$300, with one generous neighbor giving \$1,000. Other potential grants are at a standstill since the building has been taken off the market.

While the future of the building is uncertain, one thing is clear, Precita Eyes needs support from the neighborhood they have given so much to by means of the murals. Those interested are asked to sign a petition form at Precita Eyes to show their support for keeping the organization in Bernal. Those interested in joining the capitol campaign should call the center at (415)285-2287 for dates and times of future meetings. Capital campaign donations can be sent to Precita Eyes, 348 Precita Avenue, San Francisco, CA 94110.

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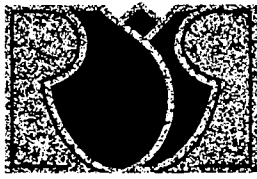
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Bernal Heights Happenings

At Bernal Books

Meet Mary Wings
author of *She Came to the Castro*
Friday, 4/17, 7:00 p.m.

Storytime with Sophie
Weds. 4/2, 4/16, 5/7, 5/21
11:00 a.m.

At Bernal Gym

Adult Programs

Open Gym
Mondays, 1:00-5:00 p.m.
Tuesdays, 3:00-5:00 p.m.
Weds., Thurs., Fri., 12:00-3:00 p.m.
Sat., 11:30-5:30 p.m.

Seniors Program
Thursdays, 9:30-11:30 a.m.

Volleyball
Thursdays, 7:15-8:15 p.m.

Weight Training/Basketball
Mondays 5:00-9:00 p.m.
Friday 3:00-6:00 p.m.

Womens Weight Training
Mondays 6:00-7:30 p.m.

Youth Programs

Basketball for Teens
Thursdays, 3:00-5:00 p.m.

Homework Assistance
Monday 3:00-4:00 p.m.

Swimming at Sava Pool
Tues./Thurs. afternoons
Call 695-5007 for details

Teen Time
Friday 4:00-6:00 p.m.

Tiny Tots Gym
Weds. & Fri. 9:30-11:30 a.m.

At the Deli Pub

Karaoke/Open Mike Nights
Fridays, early evenings
Call 285-1631 for dates.

At the Hungarian Sausage Factory

Jazz Duo
Tuesdays, 6:30-9:30 p.m.

Gypsy Violin/Piano Duo
Wednesdays 6:30-9:30 p.m.

Piano Jazz
Thursdays, 6:30-9:30 p.m.

Cafe Accordionist
Fridays, 6:30-9:30 p.m.

Classical/Flamenco Guitar
Saturdays, 6:30-9:30

Central European Folk Band
Sundays, 6:30-9:30 p.m.

Folk Concert/Dance House
last Saturday of each month
9:30-midnight, \$5.00

At the Library

Adult Programs

Spanish Conversation
Every Wednesday at 7:30

Scrabble Night
Every Wednesday at 7:30

Tax Assistance Program
Through April 12
2:00-6:00 p.m.

Adult Reading Group
Every 4th Thursday of the Month
4:00-5:30 p.m.

Bernal Books Writers Group
Every 2nd Tuesday of the Month
7:00-8:30 p.m.

National Library Week
Meet Victor Martinez, Yolanda Rhodes and more!
Wednesday, 4/16, 5:30-8:30 p.m.

Youth Programs

Preschool Videos
Every Tuesday at 10:30 a.m.

Preschool Storytime
Every Thursday at 10:30 a.m.

Storyteller Yolanda Rhodes
Wednesday, 4/16, 7:30 p.m.

Free Tutoring
Tuesday & Thursdays, 5:00-8:00 p.m.

"Wise Fool"
Tuesday, 4/29, 3:30-5:00 p.m. &
Thursday, 5/1, 3:30-5:00 p.m.

"Creative Self-Expression," an art and writing class for young women (ages 12-16), is accepting applicants for a series of workshops on Saturdays from 2:00-3:00 p.m. Xequina Berber will be the teacher. Class size is limited to seven so sign up with Valentin or Dorothy. (First class 4/5.)

At the Neighborhood Center

Children and Family
Committee Potluck
Tuesday, 4/29, 6:00 p.m.

Girl Scouts Meetings
Every Monday, 4:15-7:00 p.m.
Every Wednesday, 5:45-7:00 p.m.
Every Sunday 1:00 p.m.-4:00 p.m.

Home 'n Hood
Tuesdays 2:00-4:00 p.m.

Narcotics Anonymous Meeting
Every Monday, 7:30-9:00 p.m.
Every Wednesday, 7:30-9:00 p.m.

NW Design Review
Every other Tuesday, 7:30 p.m.

Escola Nova de Samba
Every Thursday
6:30-9:00 p.m.

USF Nursing Students
Every Friday
9:30 a.m. to 2:30 p.m.

Alcoholics Anonymous
Every Saturday
4:00-6:00 p.m.
(meetings start at 5:00 p.m.)

Adult Children of Alcoholics
Every Sunday
9:45 a.m.-12:00 p.m.

Tai-Chi Class for Seniors
Every Wednesday morning
10:00 a.m. Mind/Body discussion
11:00 a.m. Tai-Chi
Call Diane See at 585-2442 or 206-2142.

Are you concerned about Holly Park maintenance/facility/lack of programming? Discuss your concerns with Tom Ammiano.
Thursday, 5/8, 7:00 p.m.

At the New Bernal Journal

Bernal Journal Jr. Meetings
Thursdays 5:00-6:00, at the Neighborhood Center
Interested teens should contact Holly Kernan at 642-1040.

At Progressive Grounds

Poetry in the Fireplace Room
Thursday, 4/17.
Sign up at 7:00 p.m.
Reading starts at 7:30 p.m.

At the Roast

Chris Weipert/Big Meat Combo
Saturday 4/12 at 8:30 p.m.

Mocking Birds
Saturday 4/19 at 8:30 p.m.

Open Mike: John Land
Sunday 4/13

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At St. Kevins

Womens Guild Champagne Bingo
Sunday 4/6, 12:00 p.m., \$10.00
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Family Pancake Breakfast
Sunday 5/4, 9:00-12:00,
\$3.50 adults \$2.50 kids

Irwin Memorial Blood Drive
5/4, 8:00-1:00 p.m.
New Hall @ Anderson St.

St. Kevin's Annual Festival
Fri., Sat., Sun., 5/16-5/18

Around Bernal Heights

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Flea Market
Sundays, 8:00-3:00 p.m.
100 Alemany, 647-9423

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for more information.

Call Melinda Wright at 206-2144 to
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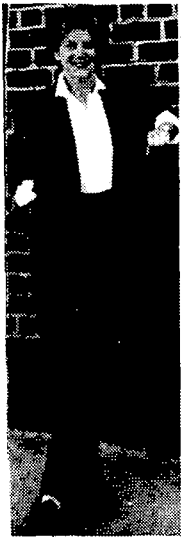
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- Check Engine Light/Computer Diagnostics/Driveability Problems
- Emission Systems/Smog Test Failure Diagnosis & Repair
- Tune Up/Lube Service/Regular Maintenance
- Cooling Systems/Brakes/Clutches/General Repairs
- Air Conditioning/Heaters • Timing Belts
- Electrical Problems/Rewiring/Short Circuits
- Windows/Doors/Vandalism Repairs • Four-Wheel Drive Service
- Struts/Shocks/Suspension/Steering • CV Joint & Axle Service
- Engine & Transmission Rebuilding & Replacement
- Used Car Prepurchase Diagnostic Inspection Service

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Sunday 8:00 a.m.-9:00 p.m.

Groceries: 648-4656 Meat Department: 648-4657 Fax: 648-6031

Grocery Special Prices for the Week

MD Toilet Tissue 4 pack \$1.09	Brawny Towels 3 pack \$2.29	B&M Baked Beans 16 oz \$1.19 28 oz \$1.69 all varieties	Western Family Soda 2 liters/All flavors .89¢ +CRV	Lancers Cranberry/Grape or Raspberry/Cranberry Juice 128 oz \$6.99	General Mills Lucky Charms Cereal 14 oz. \$3.49
Kelloggs Honey Crunch Corn Flakes 21.3 oz. \$3.49	Trend Detergent 28 oz. \$1.49	Maria Cookies Gamesa/5.5 oz. 3 for \$1.00	Del Monte Tomato Sauce 8 oz. 4 for \$1.00	Wesson Oil 24 oz. \$1.59	Lancers Apple Juice 64 oz. \$1.99
Healthy Choice Pasta Sauce 8 oz. \$1.69	Armour Vienna Sausage 5 oz. .49¢	Perfection Spaghetti Vermicelli Thin Spaghetti 16 oz. .69¢	Murray Vanilla Wafers Hits Crackers 11 oz. \$1.49	Jubilee Paper Towels 2 Ply .69¢	Western Family Charcoal Briquets 10 lb. bag \$2.99

Fruits and Vegetables

Potatoes 10 lb. 99¢	Oranges 3 lb. for \$1.00
Yellow Dry Onions 4 lb. for 99¢	Mangos 2 FOR 99¢

Meats

Ground Chuck--Family Pack	99¢/lb.
Market Steak	\$5.49/lb.
Foster Farms Picnic Pack Legs & Thighs	\$1.29/lb.
Pork Neck Bones	69¢/lb.
Pork Butts bone in	\$1.59/lb.
Pork Butts boneless	\$1.79/lb.
Pigs Feet	69¢/lb.
Our Own Pork Sausage	\$1.99/lb.
Homemade Pork Chorizo	\$3.49/lb.
Sliced Beef Liver	99¢/lb.

Liquors

Canadian Club	750 ml.	\$10.98
Royal Gate Vodka	liter	\$6.49
Kahlua Liqueur	750 ml.	\$14.99
Raynal USOP Napoleon		
French Brandy	liter	\$12.98
Presidente Brandy	liter	\$11.99
Old Grandad Bourbon	750 ml.	\$12.99

Beer

Heineken	6 Pack-12 oz bottles	\$5.99*
Labatt's	6 Pack-12 oz bottles	\$5.49*
Humpback	6 Pack-12 oz bottles	\$5.49*
Coronna	6 Pack-12 oz bottles	\$5.99*
Bar Room Blonde	6 Pack-12 oz bottles	\$2.99*

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